

Cuisinart®

INSTRUCTION & RECIPE BOOKLET



**Cuisinart® Rice Plus Multi-Cooker
with Fuzzy Logic Technology**

FRC-800A

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces; use handles or knobs.
3. To protect against risk of electrical shock, do not immerse the Rice Plus Multi-Cooker housing, cord or plug in water or any other liquid. If housing falls into liquid, unplug the cord from outlet immediately. **DO NOT** reach into the liquid.
4. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
5. **Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.**
6. Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the appliance to the nearest Cuisinart® Repair Centre for examination, repair or mechanical or electrical adjustment.
7. The use of attachments not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
8. Do not use outdoors.
9. Do not use the Rice Plus Multi-Cooker for anything other than its intended use.
10. To avoid the possibility of the Rice Plus Multi-Cooker being accidentally pulled off work area, which could result in damage to it or in personal injury, do not let cord hang over edge of table or counter.
11. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including a stove.
12. Extreme caution must be used when moving any appliance containing hot oil or other hot liquids.

13. Do not place on or near a hot gas or electric burner, or in a heated oven.
14. Do not operate the Rice Plus Multi-Cooker in water or under running water.
15. To reduce the risk of electric shock, cook only in removable container. Do not immerse the container in water.
16. Always attach plug to appliance first, then plug cord to the wall outlet. To disconnect, turn any control to "Off" then remove plug from wall outlet.
17. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
18. Children should be supervised to ensure that they do not play with the appliance.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is provided to reduce the risks of becoming entangled in or tripping over a longer cord.

Longer extension cords are available and may be used if care is exercised.

If a long extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance. The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over.

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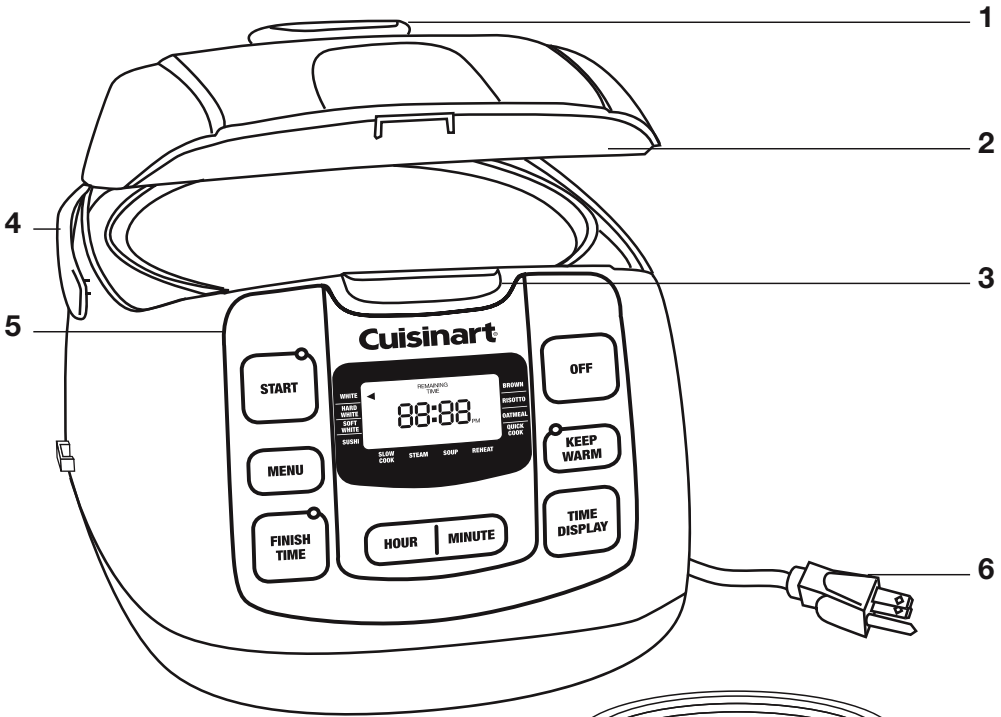
INTRODUCTION

The benefits of fuzzy logic are clear with Cuisinart! Whether you are cooking rice, soup, oatmeal or risotto, simmering a stew or steaming your favourite vegetables, our highly intelligent Rice Plus Multi-Cooker automatically adjusts the heat and timing for perfect results every time. It's easy to use, has an extra large capacity and is beautiful to look at. Now that's a smart way to cook!

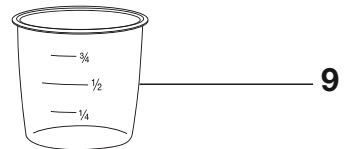
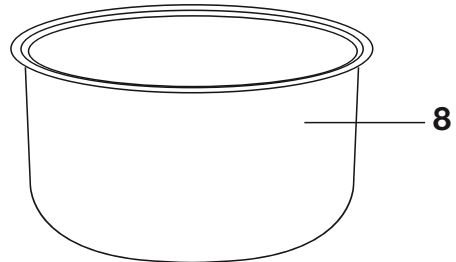
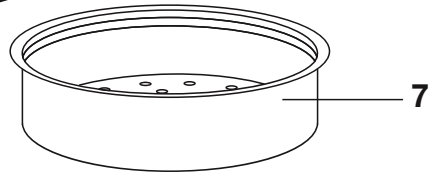
ASSEMBLY INSTRUCTIONS

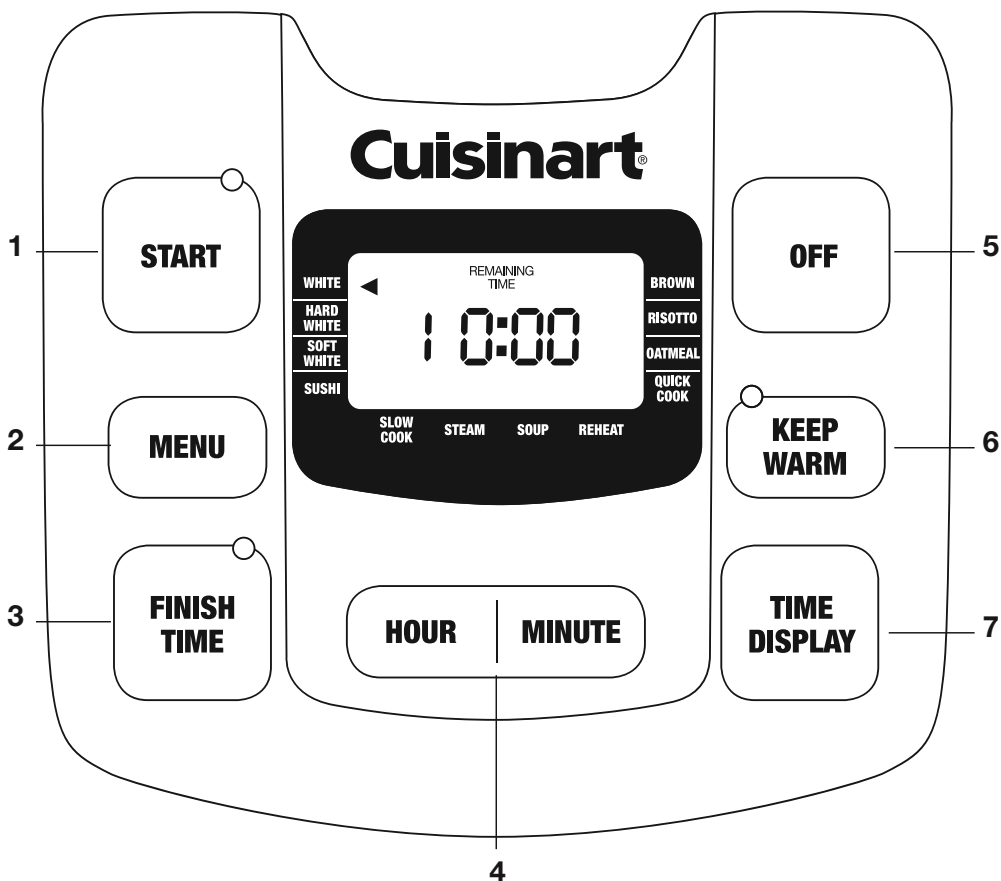
1. After unpacking your Cuisinart® Rice Plus Multi-Cooker with Fuzzy Logic Technology, wash the non-stick cooking pot, steaming insert, spoons and measuring cup in warm, soapy water. Rinse well and dry thoroughly.
2. Wipe all interior and exterior surfaces of the unit with a soft, damp cloth.
3. Place the cooking pot in the base of the unit.
4. Place the steaming rack (open side up), if using, in the cooking pot.
5. Close the lid.
6. Insert the removable cord into the back of the unit.
7. Your Rice Plus Multi-Cooker is now ready for use.

FEATURES AND BENEFITS



1. **Steam Release Vent** – removes for easy cleaning
2. **Locking Lid with Removable Inner Lid**
3. **Lid Release Button**
4. **Handle** – stays cool during use
5. **Control Panel** – see detailed illustration, page 5
6. **Power Cord** – removable
7. **Steaming Tray** – allows you to steam a variety of foods
8. **Aluminum Cooking Pot** – non-stick for easy cleaning
9. **Rice Cooker Measuring Cup** – designed specifically for your Cuisinart® Rice Plus Multi-Cooker. 1 rice cooker cup = $\frac{3}{4}$ standard dry measure.
10. **Soup Spoon**
11. **Rice Paddle**





GETTING TO KNOW YOUR CONTROL PANEL

Detailed programming instructions begin on the following page.

- 1. Start** – used to start cooking.
- 2. Menu** – used to select Menu functions.
- 3. Finish Time** – used to set cooking Finish Time.
- 4. Hour and Minute** – used to change time.
- 5. Off** – used to turn off functions and reset unit
- 6. Keep Warm** – used to change automatic Keep Warm Time and to start Keep Warm function.
- 7. Time Display** – used to change display from Current Time to remaining Countdown Time and Ready Time.

FUNCTION DESCRIPTIONS

White Rice – use for all white rice varieties (long, medium or short grain). A variety of grains can be cooked using this function: barley, millet, amaranth and couscous.

a. Hard White Rice – use for a harder rice texture. This function works well when making rice salads.

b. Soft White Rice – use if a softer rice texture is desired.

Sushi Rice – select when cooking sushi rice. Creates a sticky rice texture.

Brown Rice – use for all brown rice varieties (long, medium or short grain). Also is ideal for these other grains: wheat berries, black rice and wild rice.

Risotto – a specially designed function to provide time to make perfect risotto every time – all in one pot.

Oatmeal – both traditional old-fashioned oats and Irish-style steel cut oats can be used on the Oatmeal setting. The oatmeal function also lets you make a creamy polenta – without the stirring!

Quick Cook – when time is running short, you can bypass the regular White or Brown Rice functions and just use this Quick Cook setting. Not only can you get a quick rice out of it, it is also great for Israeli couscous and rice pilafs as well. Quick Cook can also be used as a sauté function when used with the Slow Cook and Soup function.

Slow Cook – slow cook from start to finish using the Slow Cook function. This function allows the user to adjust the cooking time to meet one's needs.

Steam – using the provided steaming tray, vegetables to fish to dumplings can all be steamed on this one adjustable function.

Soup – prepare your favourite soup recipe in your Cuisinart® Rice Plus Multi-Cooker. Keep the soup warm in the same pot after it has finished cooking with the Keep Warm function.

Reheat – the large capacity of the Rice Plus Multi-Cooker can handle leftovers for the next day. When using this function, just add a little bit of water or broth to the rice to bring back some of the moisture.

OPERATION

REMINDER

Your Rice Plus Multi-Cooker comes with a 180 ml (12 tablespoons or $\frac{3}{4}$ of a standard 1-cup measure) measuring cup. All recipes in this Instruction & Recipe Book are written with the rice/grain/cereal measured with the cooker measuring cup. The liquid is measured with a traditional liquid measuring cup (1 cup = 240 ml).

Only white rice can be cooked to the maximum amount of the Rice Plus Multi-Cooker (8 rice cooker cups).

Note: Even though this is an 8-cup rice cooker, the maximum amount for brown and sushi rice is 6 rice cooker cups.

SETTING THE CLOCK

1. Plug in the Rice Plus Multi-Cooker.
2. Hold down the Hour or Minute button until the display begins to flash. You are now in Set Time mode.
3. Use the Hour and Minute button to select the desired time. Hold button

down to scroll through the digits, or press and release to advance one digit at a time. Be sure the PM indicator is on if a PM time is desired

4. To exit the Set Time mode, press any function button besides Hour or Minute, or do nothing for a period of three seconds.

COOKING RICE/OATMEAL/QUICK COOKING

1. Fill cooking pot with ingredients (see pages 9 to 14 for tips and hints and cooking guidelines).
2. Select the appropriate menu function by pressing the Menu button.
3. Your current selection will be displayed on the LCD screen.
4. Start cooking:
 - a. To start cooking immediately, press the Start button.
The white Start LED will light to indicate that the unit is cooking.

b. To start cooking with a delay, set your Rice Plus Multi-Cooker to finish cooking at a specific time:

- i. Press and hold the **Finish Time** button until the four digit Ready Time display begins to flash. You are now in the Finish Time set mode.
- ii. Use the **Hour** and **Minute** button to select the desired Ready Time. Hold button down to scroll through the digits, or press and release to advance one digit at a time. Be sure the PM indicator is on if a PM time is desired.
- iii. Press the **Start** button.

The blue **Finish Time** LED will light. The **Ready Time** will be displayed. When the unit begins to cook, the **Finish Time** LED will turn off and the **Start** LED will light.

5. During and after cooking:

- a. The current time will be displayed during the first portion of the cooking process. A tone will sound and the **Remaining Time** will count down when there are approximately 10 to 15 minutes remaining in the process. For a list of approximated cooking times, see page 10.
- b. Once cooking time has expired, the unit will automatically switch to **Keep Warm**. The blue Keep Warm LED will light and the LCD will display the remaining Keep Warm Time. The unit will remain on Keep Warm for up to 24 hours. When the Keep Warm Time expires, the unit will turn off automatically.
- c. To turn off the unit at any time, press the **Off** button.
- d. Once you are ready to serve, press the Lid Release button to open the lid.
- e. Fluff contents (if applicable) with paddle or utensil suitable for non-stick cookware.
- f. Lift and remove the cooking pot from the unit using pot holders.

STEAMING

1. Add 2 liquid measuring cups of water and close lid.
2. Select the **Steam** menu function by pressing the Menu button.
3. Use the **Hour** and **Minute** button to select the desired time (see steaming chart, page 14).
4. Start steaming by pressing the **Start** button.
 - a. The white Start LED will light to indicate that the unit is cooking. The LCD will display your menu selection as well as your **Remaining Time**.
5. Once the 3 minutes preheat time has expired, the unit will beep to indicate that you can insert the steaming rack into the cooking pot.
6. Fill steaming rack with ingredients, place steaming rack in cooking pot and close lid.
7. Let time continue to run on the Steam function.
8. During and after steaming:
 - a. To view the current time during cooking, press the **Time Display** button.
 - b. Once cooking time has expired, the unit will turn off.

Note: The automatic **Keep Warm** function does not work for this menu function.
 - c. To turn off the unit at any time, press the **Off** button.
 - d. Once you are ready to serve, press the Lid Release button to open the lid.
 - e. Lift and remove cooking pot from the unit using pot holders.

COOKING RISOTTO

1. Add oil or butter per your recipe to the cooking pot and select the **Risotto** function by pressing the Menu button.
2. To start cooking, press the **Start** button. The white Start LED will light to indicate that the unit is cooking.

Note: Do not use the **Finish Time** function for risotto.
3. Once the oil/butter is hot, add ingredients to sauté. It is during this time

that you will sauté the rice and reduce the liquid (wine, apple juice if desired).

- a. Once the sauté step is complete, add the broth and any desired spices and close the lid.
4. During and after cooking:
- a. The current time will be displayed during the first portion of the cooking process. The **Remaining Time** will count down when there are 10 to 15 minutes remaining in the process. For a list of approximated cooking times, see page 10.
 - b. Once cooking time has expired, the unit will automatically switch to **Keep Warm**. The blue Keep Warm LED will light and the LCD will display the remaining Keep Warm Time. The unit will remain on **Keep Warm** for up to 24 hours. When the Keep Warm Time expires, the unit will turn off automatically.
Note: We recommend serving risotto immediately for best results. If you use the **Keep Warm** function, stir more liquid (broth/stock) into the risotto to achieve a creamy texture again.
 - c. To turn off the unit at any time, press the **Off** button.
 - d. Once you are ready to serve, press the lid release button to open the lid.
 - e. Lift and remove cooking pot from the unit using pot holders.

COOKING SOUP OR SLOW COOKING

1. If sautéing is necessary for your soup or slow cooking recipe, add oil or butter to the cooking pot to sauté soup or slow cooking ingredients, if desired (see recipes for tips and hints). If you do not need to sauté or brown anything before cooking, add soup/slow cooking ingredients and skip to step 4b.
2. Select the **Quick Cook** function by pressing the Menu button.
3. Start cooking:
 - a. To start cooking, press the **Start** button to heat oil/butter.
The white Start LED will light to indicate that the unit is cooking.

- b. Do not use the **Finish Time** function for soup or slow cooking.
4. Once the oil/butter has preheated, add ingredients to sauté.
- a. Once the sauté step is complete, add remaining ingredients and switch to the **Soup** or **Slow Cook** function.
 - b. Using the **Hour** and **Minute** button, set the desired cooking time and press the **Start** button.
5. During and after cooking:
- a. To view the current time during cooking, press the **Time Display** button.
 - b. Once cooking time has expired, the unit will automatically switch to **Keep Warm**. The blue Keep Warm LED will light and the LCD will display the remaining Keep Warm Time. The unit will remain on Keep Warm for up to 24 hours. When the Keep Warm Time expires, the unit will turn off automatically.
 - c. To turn off the unit at any time, press the **Off** button.
 - d. Once you are ready to serve, press the Lid Release button to open the lid.
 - e. Lift and remove cooking pot from the unit using pot holders.
6. Note: If making a recipe that uses raw meat that is not browned first, let soup or slow cook recipe simmer a minimum of 3½ hours.

KEEP WARM

1. Select and start the **Keep Warm** function by pressing the Keep Warm button.
The blue Keep Warm LED and white Start LED will light, and the remaining time will start to count down. Default time for Keep Warm is 24 hours.
2. To turn off the unit at any time, press the **Off** button.
3. Once you are ready to serve, press the Lid Release button to open the lid.
4. Lift and remove the cooking pot from the unit using pot holders.

ADDING COOK/KEEP WARM TIME

1. Start cooking as above.

-
2. Use the Hour and/or Minute button to change the **Remaining Time** during Cooking/Keep Warm. The unit will continue to cook/keep warm.

Note: This function will not work for all cooking functions.

REHEATING

1. Select the **Reheat** function by pressing the Menu button.
2. Your current selection will be displayed on the LCD screen.
3. Start reheating by pressing the **Start** button.
 - a. The white Start LED will light to indicate that the unit is reheating.
4. During and after reheating:
 - a. The current time will be displayed during the first portion of the reheating process. A tone will sound and the **Remaining Time** will count down when there are approximately 10 to 15 minutes remaining in the process. For a list of approximated cooking times, see page 10.
 - b. Once reheating time has expired, the unit will automatically switch to **Keep Warm**. The blue Keep Warm LED will light and the LCD will display the remaining Keep Warm Time. The unit will remain on Keep Warm for up to 24 hours. When the Keep Warm Time expires, the unit will turn off automatically.
 - c. To turn off the unit at any time, press the **Off** button.
 - d. Once you are ready to serve, press the Lid Release button to open the lid.
 - e. Fluff contents (if applicable) with paddle or utensil suitable for non-stick cookware.
 - f. Lift and remove the cooking pot from the unit using pot holders.

CLEANING AND CARE

1. Unplug your cooker and allow it to cool before cleaning.
2. Cooking pot, steaming rack, steam release vent, inner lid, measuring cup, paddle and spoon can be washed in warm soapy water and rinsed

thoroughly, or washed in the dishwasher. Dry all parts after every use.

If food sticks to the surface of the cooking pot, fill with warm, soapy water and allow to soak before cleaning.

3. If scouring is necessary, use a nonabrasive cleanser or liquid detergent with a nylon pad or brush.
4. Wipe base of unit with a soft, damp cloth or micro febre towel. **NEVER IMMERSER BASE OF UNIT IN WATER.**
5. Make sure all parts are cool before storing. Store unit in a clean dry place.
6. Any other servicing should be performed by an authorized service representative.

TIPS AND HINTS

RICE TIPS

- We recommend rinsing all imported rice. Place rice in a medium bowl and cover with water. Do not use the cooking bowl. Swirl until the water appears cloudy, then drain in a fine mesh strainer. Fill the bowl with fresh water and repeat until water is clear or nearly clear.
- Some people wash domestic (not imported) rice, which is usually vitamin-enriched. This removes the starch and makes it less sticky, but it also washes away some of those vitamins.
- Sushi rice and most brown rice should always be rinsed before cooking. Follow the directions on the package your rice comes in.
- Brown rice should be kept on the Keep Warm setting for no more than 2 hours. If kept at that setting longer, the rice may begin to ferment.
- When measuring rice with your rice cooker cup, level it off with a table knife or spatula.
- Adding a teaspoon of vegetable oil to rice or coating the cooking bowl lightly with nonstick cooking spray will result in rice with separated, less sticky grains.
- After adding rice to the cooking bowl, level it off to cover the entire bottom of the bowl so it cooks evenly.
- The taste of the water will affect the taste of the rice. If you do not like the taste of your tap water, use filtered water.
- Rice can be cooked in liquids other than

water. Use low-fat, low-sodium meat or vegetable stocks/broths. Fish stock or clam broth may be used for seafood-flavoured rice.

- When making rice, open the rice cooker as soon as the audible tone sounds to indicate cooking cycle is complete. Stir rice with the rice paddle or a wooden spoon – this prevents rice from hardening or getting sticky.
- For combination dishes of rice, steamed vegetables, seafood, poultry and/or meats, use our recipes as a guide and then create your own.
- The best time to add vegetables to rice is just after the Rice Plus finishes cooking and enters the Keep Warm mode. Stir in chopped raw vegetables, such as green onions, slivered snow peas, shredded carrots, or even grape tomatoes to add texture to the dish – they will warm up while the rice is resting, and if served within 5 to 10 minutes, will retain their unique textures.
- When you don't have time to monitor or constantly stir dishes like Risotto and Oatmeal, use your Rice Plus. Just select the specific program and walk away. The unit will go to Keep Warm when food is finished cooking.
- If your recipe calls for salt, add it after adding liquid, and swirl with the rice paddle or a wooden spoon to evenly distribute it – then level off the rice as evenly as possible.

QUICK COOK

- The Quick Cook function can be used as a sauté function when used in combination with the Slow Cook or Soup function. Use the Quick Cook function as a stovetop burner to sauté and brown meats, as well as vegetables and grains, before selecting the appropriate program to finish cooking a dish.
- You can also use the Quick Cook function to prepare commercially packaged pilafs, rice and grain mixes. If directed to sauté ingredients, select Quick Cook, add specified amount of butter or oil, rice, vegetables, and meat and sauté according to package instructions. Then add liquid, close the lid, and select appropriate cooking function to perfectly finish the job.

KEEP WARM

- The Keep Warm function is a great way to keep already heated foods warm for serving. It is not meant as a cooking function. Raw meats or foods under the temperature of 60°C should not be cooked using this function.

SOUP/SLOW COOKING

- When using the Soup or Slow Cook function, the cooking pot should not be filled more than $\frac{3}{4}$ full.
- Any meats should be browned first before slow cooking.

STEAMING

- When steaming vegetables, clean them and trim to a consistent size so they cook evenly.
- When steaming meats such as poultry or sausage, cut into small, consistently sized pieces (such as “finger strips” or 1 centimetre slices) and arrange in a single layer in the Steaming Basket.

OATMEAL

- Oatmeal should always be well stirred before serving.

FINISH TIME

- Some foods taste best when served just after they finish cooking. If you would like rice or other foods to be freshly cooked later in the day, decide on the time you'd like to eat, and program the desired Finish Time.
- If using perishable fresh ingredients, do not use the Finish Time feature.
- The following are **approximate** cooking times:
 - White rice – 45 minutes
 - Brown rice – 1 hour 50 minutes
 - Quick rice – 30 minutes
 - Soft – 55 minutes
 - Hard – 30 minutes
 - Risotto – 1 hour
 - Oatmeal – 50 minutes
 - Sushi – 40 minutes
 - Reheat – 35 minutes

COOKING CHARTS

GUIDE FOR COOKING RICE

Use these charts and the water level markings in the bowl as a guideline. There are variables in the texture of cooked rice, from subtle differences between brands to rinsing or not rinsing to personal taste. Let your taste and preference serve as your best guide. If your rice/grain is too hard or chewy, increase water amounts by ¼ cup at a time. If rice/grain is too soft, reduce the water by ¼ cup until your desired texture is achieved.

WHITE RICE PROGRAM

Maximum 8 rice cooker cups

| RICE/GRAIN | RICE | WATER |
|--|--|-----------------------------------|
| | Use rice cooker cup (provided) 1 rice cooker cup = ¾ cup standard dry measure | Use standard liquid measuring cup |
| Long grain white | For these grains, use the rice cooker cup (provided) and the White Rice water level markings on the inside of the bowl. Example: for 1 rice cooker cup, add water up to the White Rice 1 cup line | |
| Medium grain white | | |
| Aromatic white (jasmine, basmati) | | |
| Quinoa | | |
| Millet | | |
| Bulgur wheat | | |
| Amaranth | 1 | 1 |
| | 2 | 2 |
| | 3 | 2¼ |
| | 4 | 3 |
| | 5 | 3¾ |
| | 6 | 4½ |
| | 7 | 5¼ |
| | 8 | 6 |
| Couscous Kasha (roasted buckwheat) | 1 | 1 |
| | 2 | 2 |
| | 3 | 3 |
| | 4 | 4 |
| | 5 | 5 |
| | 6 | 6 |
| | 7 | 7 |
| | 8 | 8 |

SUSHI RICE PROGRAM

Maximum 6 rice cooker cups/Minimum 2 rice cooker cups

| RICE/GRAIN | RICE | WATER |
|-------------|---|-----------------------------------|
| | Use rice cooker cup (provided) 1 rice cooker cup = ¾ cup standard dry measure | Use standard liquid measuring cup |
| White Sushi | For these grains, use the rice cooker cup (provided) and the Sushi Rice water level markings on the inside of the bowl. Example: for 2 rice cooker cups, add water up to the Sushi Rice 2 cup line | |
| Brown Sushi | | |

For the above, use rice cooker cup (provided) 1 rice cooker cup = ¾ cup standard dry measure

BROWN RICE PROGRAM

Maximum 6 rice cooker cups (unless otherwise specified)

| RICE/GRAIN | RICE | WATER |
|--|---|-----------------------------------|
| | Use rice cooker cup (provided) 1 rice cooker cup = $\frac{3}{4}$ cup standard dry measure | Use standard liquid measuring cup |
| Long Grain Brown (includes aromatic browns like jasmine and basmati) | For these grains, use the rice cooker cup (provided) and the Brown Rice water level markings on the inside of the bowl. Example: for 1 rice cooker cup, add water up to the Brown Rice 1 cup line | |
| Medium Grain Brown | | |
| Short Grain Brown | | |
| Wehani | | |
| Black Rice | | |
| Wild Rice | Wild Rice is a unique grain that does not follow other brown rice measurements. For this grain, use the rice cooker cup with the measurements listed below, and follow the Brown Rice water level markings on the inside of the bowl as listed below. | |
| | $\frac{3}{4}$ | 1 cup line |
| | $1\frac{1}{2}$ | 2 cup line |
| | $2\frac{1}{4}$ | 3 cup line |
| | 3 | 4 cup line |
| | $3\frac{3}{4}$ | 5 cup line |
| | $4\frac{1}{2}$ | 7 cup line |

OATMEAL PROGRAM

Maximum 6 rice cooker cups (unless otherwise specified)

| OATS/GRAIN | GRAIN | WATER |
|-------------------------|---|-----------------------------------|
| | Use rice cooker cup (provided) 1 rice cooker cup = $\frac{3}{4}$ cup standard dry measure | Use standard liquid measuring cup |
| Rolled Oats | 1 | $1\frac{1}{2}$ |
| | 2 | $2\frac{3}{4}$ |
| | 3 | $3\frac{1}{2}$ |
| | 4 | 5 |
| | 5 | $6\frac{1}{2}$ |
| | 6 | 8 |
| Steel Cut or Irish Oats | $1\frac{1}{4}$ | 3 |
| | $2\frac{1}{2}$ | 5 |
| | 4 | $6\frac{1}{2}$ |
| Instant Polenta | 1 | 4 |
| | 2 | 8 |

RISOTTO PROGRAMMaximum $2\frac{1}{2}$ rice cooker cups

| RICE | RICE | STOCK |
|----------------------|---|-----------------------------------|
| | Use rice cooker cup (provided) 1 rice cooker cup = $\frac{3}{4}$ cup standard dry measure | Use standard liquid measuring cup |
| Arborio Carnaroli | $\frac{1}{2}$ | $1\frac{1}{2}$ |
| | 1 | 2 |
| | $2\frac{1}{2}$ | 4 |

For the above, use rice cooker cup (provided) 1 rice cooker cup = $\frac{3}{4}$ cup standard dry measure

COOKED YIELDS

See the charts below for approximate cooking yields. All yields are measured in a standard dry measuring cup.

WHITE RICE PROGRAM

| RICE/GRAIN | COOKED YIELD FOR 1 RICE COOKER CUP |
|------------------------------------|------------------------------------|
| Long Grain White | 2¾ |
| Medium Grain White | 2¾ |
| Aromatic White, (jasmine, basmati) | 3 |
| Quinoa | 4 |
| Millet | 4 |
| Bulgur Wheat | 2¾ |
| Amaranth | 1¾ |
| Couscous | 2¼ |
| Kasha (roasted buckwheat) | 2½ |

SUSHI RICE PROGRAM

| RICE/GRAIN | COOKED YIELD FOR 2 RICE COOKER CUPS |
|-------------|-------------------------------------|
| White Sushi | 4½ |
| Brown Sushi | 3¾ |

BROWN RICE PROGRAM

| RICE/GRAIN | COOKED YIELD FOR 1 RICE COOKER CUP (unless otherwise specified) |
|--|--|
| Long Grain Brown (includes aromatic browns like jasmine and basmati) | 2½ |
| Medium Grain Brown | 2½ |
| Short Grain Brown | 2½ |
| Wehani | 2½ |
| Black Rice | 2¾ |
| Wild Rice | 2½ (yield for ¾ cup) |

OATMEAL PROGRAM

| OATS/GRAIN | COOKED YIELD FOR 1 RICE COOKER CUP (unless otherwise specified) |
|-------------------------|--|
| Rolled Oats | 2 |
| Steel Cut or Irish Oats | ¾ (yield for 1¼ cups) |
| Instant Polenta | 4 |

RISOTTO PROGRAM

| RICE | COOKED YIELD FOR 1 RICE COOKER CUP |
|-----------|------------------------------------|
| Arborio | 1½ |
| Carnaroli | 1½ |

For the above, use rice cooker cup (provided) 1 rice cooker cup = ¾ cup standard dry measure

GUIDE FOR STEAMING VEGETABLES, POULTRY AND SEAFOOD

Put two liquid measure cups of water into the cooking pot. Arrange foods in a single layer in the steaming tray. Vegetables should be cut in similar sizes as indicated. Cooking times are approximate and will yield cooked but crisp/tender vegetables. Add more time for more tender/softer vegetables or cut back on time for crispier vegetables to taste.

Foods must be removed immediately after vegetables have finished cooking to prevent overcooking. If cooking vegetables over rice, use chart to determine approximately when to add steaming tray to rice cooker.

Note: A beep will indicate the end of a 3-minute preheating time. **Cooking times below include the 3-minute preheat.**

| FOOD | AMOUNT | PREPARATION | COOKING TIME |
|---------------------------------------|-------------------------|-----------------------------|--------------|
| Asparagus | 120 g (about 15 spears) | trimmed and halved | 8 minutes |
| Baby Bok Choy | 2 whole | halved | 17 minutes |
| Broccoli | 300 g | 5 centimetre florets | 15 minutes |
| Cabbage Leaves | 4 leaves | cored | 6 minutes |
| Carrots - Baby | 360 g | whole | 18 minutes |
| Carrots - Sliced | 180 g (about 1½ cups) | sliced (1 centimetre thick) | 11 minutes |
| Green Beans | 150 g | trimmed | 9 minutes |
| Lettuce Leaves, Butter Variety | 6 leaves | cored | 6 minutes |
| Peas, Snow | 120 g | trimmed | 8 minutes |
| Potatoes, New | 360 g | quartered | 16 minutes |
| Potatoes, Yellow/Gold | 360 g | 2 centimetre pieces | 16 minutes |
| Potatoes, Sweet | 450 g | 2 centimetre cubes | 17 minutes |
| Squash, Summer/Zucchini | 180 g (2 cups sliced) | sliced (1 centimetre thick) | 8 minutes |
| Chicken | 450 g | 5 centimetre strips | 25 minutes |
| Prawns | 450 g | peeled and deveined | 15 minutes |
| Fin Fish (salmon, swordfish, etc.) | 360 g | cut to fit steaming rack | 18 minutes |

TROUBLESHOOTING

| PROBLEM | CAUSE | SOLUTION |
|--|--|---|
| Liquid boiled over | Liquid/Rice amounts were incorrect | Refer to page 11 |
| | Rice was not washed thoroughly | Certain rices need to be washed thoroughly prior to cooking. Refer to page 9 for more information |
| | Steam release was not inserted | Be sure that the steam release is in place before cooking |
| | Rice's starch content is too high | You can add a pinch of salt or a drop of oil to your recipe to counteract the high starch content of your rice |
| Rice is undercooked or too hard/soft | Water/Rice amounts were incorrect | Refer to page 11 |
| | Wrong program selected | Refer to pages 6 and 11 for information and a chart of which program should be selected for different types of grains |
| Rice is scorched/burned | Rice was not washed thoroughly | Certain rices need to be washed thoroughly prior to cooking. Refer to page 9 for more information |
| | Pan was not washed thoroughly after last use | Be sure to clean your cooking pot thoroughly after each use. Refer to page 9 for cleaning and care instructions |
| Rice is dry | Steam release was not inserted | Be sure that the steam release is in place before cooking |
| | Rice was kept on Keep Warm for over 12 hours | We do not suggest leaving rice in the cooker on Keep Warm for more than 12 hours. Note: For brown rice we do not suggest leaving on Keep Warm for more than 2 hours |
| | Rice was reheated | If your rice comes out too dry when reheated, add additional liquid to your cooking pot when reheating in the future |
| | Lid was not closed completely | Be sure the lid is closed completely during rice cooking |
| Finish Time did not function as expected | The Current Time was not set correctly | Refer to page 6 for instructions on how to set the clock |
| | The Finish Time was not set correctly | Refer to page 7 for instructions on how to set your Finish Time |
| | A program that does not allow Finish Time was selected | Finish Time cannot be used with Steaming, Risotto, Soup or Slow Cook |
| The cooker will not turn on | The unit is not plugged in | Be sure that unit is plugged in |
| | The unit has malfunctioned and needs repair | Contact customer service at 1800 808 971 (AUST) 0800 435 000 (NZ) |
| The cooker turned itself off | There has been a power failure | Wait for your power to resume and try again |
| | The power cord was not inserted correctly/has fallen out | Be sure that the unit is plugged in. Since the cord is removable, it is important to be sure the plug is fully inserted at both ends |
| | The unit has overheated | Be sure that your ingredients have been added to the cooking pot and that the cooking pot is in place. Wait a few minutes for the unit to cool down and try again. |
| | The unit has finished cooking/Keep Warm | For most functions, the unit will automatically turn off after the programmed Keep Warm time has elapsed. For functions that do not have Keep Warm, the unit will automatically turn off after the cooking time has elapsed. This is normal |

WARRANTY

Limited Three-Year Warranty

This warranty supersedes all previous warranties on Cuisinart® Rice Plus Multi-Cooker with Fuzzy Logic Technology. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Rice Plus Multi-Cooker with Fuzzy Logic Technology that was purchased at retail for personal, family, or household use. This warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® Rice Plus Multi-Cooker will be free of defects in material or workmanship under normal home use for three years from the date of original purchase. We suggest that you complete and return the enclosed product registration card promptly to facilitate verification of the date of original purchase. However, return of this product registration card does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Cuisinart® Rice Plus Multi-Cooker should prove to be defective within the warranty period, we will repair it (or, if we think it necessary, replace it) without charge to you. To obtain warranty service, please register your warranty online at

www.cuisinart.com.au

or

Call toll-free
1800 808 971 (AUST), 0800 435 000 (NZ),

or

Send to
Cuisinart Australia
Reply Paid 1115
Pymble BC NSW 2073

or

Cuisinart New Zealand
44 Apollo Drive Mairangi Bay
Auckland New Zealand

Please be sure to include a return address, daytime phone number, description of the product defect, product serial number (stamped on bottom of product base), and any other information pertinent to the product's return.

This warranty expressly excludes any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorized by Cuisinart.

This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use.

NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Your Cuisinart® Rice Plus Multi-Cooker has been manufactured to strict specifications and has been designed for use with the Cuisinart® Rice Plus Multi-Cooker accessories and replacement parts. These warranties expressly exclude any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorized by Cuisinart. These warranties do not cover any damage caused by accident, misuse, shipment, or other than ordinary household use. These warranties exclude all incidental or consequential damages.

Before Returning Your Cuisinart® Product

If you are experiencing problems with your Cuisinart® product, we suggest that you call our Consumer Service Centre at 1800 808 971 (AUST) 0800 435 000 (NZ) before returning the product for servicing. Often, our Consumer Service Representatives can help solve the problem without having the product serviced. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

*Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Centre, please remind the servicer to call our Consumer Service Centre at 1800 808 971 (AUST) 0800 435 000 (NZ) to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

RECIPES

All recipes in this Instruction & Recipe Booklet are written with the included Rice Plus Multi-Cooker measuring cup to measure the rice or grain. The liquid is measured with a standard liquid measure cup (1 cup = 240 ml = 16 tablespoons). The cooker measuring cup = $\frac{3}{4}$ cup standard dry rice measure or 12 tablespoons.

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Only white rice can be cooked to the maximum amount possible in the Rice Plus Multi-Cooker (8 cooker cups). Do not cook more than the suggested amounts of other rice on the cooking chart, as the amount of liquid needed to cook larger amounts will boil over.

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WHITE RICE

WHITE RICE WITH STEAMED SALMON

A light dish, perfect for a summer lunch or dinner.

Setting: White

Makes about 8 cups

- 3 cooker cups long grain white rice water (to the 3-cup white rice marking in cooking pot)
- 360 g salmon fillet, cut to fit the steaming tray
- 1 cup diced, peeled cucumber
- $\frac{2}{3}$ cup chopped red onion
- $1\frac{1}{2}$ teaspoons lemon zest
- $\frac{1}{4}$ cup fresh lemon juice
- 3 tablespoons extra virgin olive oil
- 1 teaspoon sea salt
- $\frac{3}{4}$ teaspoon freshly ground black pepper
- 2 teaspoons fresh dill

Put the rice and water in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **White Rice** function and press **Start**.

When the timer indicates that there are about 10 to 15 minutes left of cooking time, insert the steaming tray with the salmon.

Once the audible tone has sounded to indicate the end of cooking, allow the cooker to rest, closed, for an additional 5 minutes. Open the lid and carefully remove the steaming tray with the salmon using pot holders. Turn the unit off. Remove the skin and flake the salmon to about 1-inch pieces; reserve.

Add the remaining ingredients to the cooking pot and toss to combine. Add the reserved flaked salmon and toss until just combined.

Adjust seasonings and serve immediately. This dish is just as delicious served chilled.

Nutritional information per serving (based on 1 cup):
Calories 320 (28% from fat) • carb. 45g • pro. 13g
• fat 10g • sat. fat 2g • chol. 25mg • sod. 290mg
• calc. 36mg • febre 0g

JASMINE THAI SCENTED RICE

This rice can be a base to many different dishes. Try it with grilled chicken or shellfish.

Setting: White

Makes about 12 cups

- 6 cooker cups jasmine rice water (to the 6-cup white rice marking in cooking pot)
- 1 2 x 2 centimetre piece fresh ginger, sliced
- 4 garlic cloves, sliced
- 10 1 x 1 centimetre pieces lemon peel
- 5 large fresh basil leaves
- 3 to 4 scallions, thinly sliced
- $\frac{1}{4}$ cup chopped fresh parsley
- $\frac{1}{4}$ teaspoon plus one pinch sea salt, divided
- $\frac{1}{4}$ teaspoon lemon zest

Put the rice, water, ginger, garlic, lemon peel and basil in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **White Rice** function and press **Start**.

Once the audible tone has sounded to indicate the end of cooking, open the lid and add the remaining ingredients; toss to combine.

Adjust seasonings and serve immediately.

Nutritional information per serving (based on 1 cup):
Calories 250 (0% from fat) • carb. 55g • pro. 5g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 50mg
• calc. 12mg • febre 1g

RED BEANS AND RICE

The Cuisinart® version of the Jamaican staple brings out the flavours of Jamaican jerk seasoning.

Settings: Quick Cook & White

Makes about 8 cups

- 3 cooker cups dried red kidney beans, soaked overnight
- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, finely chopped
- ½ jalapeño, finely chopped
- 1½ cups unsweetened coconut milk
- 2 cups reduced-sodium vegetable broth
- 4 stems fresh thyme
- 1 bay leaf
- 1 teaspoon sea salt, divided
- 1 1 x 1 centimetre piece fresh ginger, peeled
- ½ teaspoon ground cinnamon
- 4 green onions, sliced
- 3 cooker cups medium-grain white rice
- 1 cup water

Put the olive oil in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Quick Cook** function and press **Start**. Once oil is hot and shimmering, about 2 minutes, add the garlic and jalapeño. Sauté 2 to 3 minutes, or until fragrant. Add the beans, coconut milk, broth, thyme, bay leaf, ½ teaspoon salt and ginger.

Switch the cooker to the **White Rice** function and press **Start**. Close the lid and let cook for 35 minutes.

Once the 35 minutes have elapsed, open the lid and add the rice and water. Close the lid again and let the unit complete its cooking program.

Once the audible tone has sounded to indicate the end of cooking, open the lid and add the remaining ingredients; toss to combine.

Adjust seasonings and serve immediately.

Nutritional information per serving (based on 1 cup):
Calories 470 (21% from fat) • carb. 77g • pro. 18g
• fat 11g • sat. fat 9g • chol. 0mg • sod. 420mg
• calc. 141mg • febre 13g

SAUSAGE AND PRAWN JAMBALAYA

Settings: Quick Cook & White

Makes about 8 cups

- 180 g Andouille sausage (chicken or turkey), cut into 1 centimetre slices
- 360 g peeled and deveined prawn, halved length-wise
- ½ tablespoon extra virgin olive oil
- ¾ cup chopped onion (about 1 small)
- ⅓ cup chopped celery (about 1 medium stalk)
- ½ cup chopped red bell pepper (about ½ medium pepper)
- 2 garlic cloves, chopped
- 2½ cooker cups long-grain white rice
- 1½ teaspoons dried thyme
- ¾ teaspoon chili powder
- 2½ cups chicken stock
- 1 cup marinara sauce
- 1 bay leaf
- ¼ cup chopped fresh parsley

Place the sausage and prawn in the steaming tray; reserve.

Put the olive oil in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Quick Cook** function and press **Start**. Once oil is hot and shimmering, about 2 minutes, add the onion, celery, pepper and garlic. Sauté 2 to 3 minutes, or until fragrant. Add the rice, thyme and chili powder. Stir until rice is translucent, 2 to 3 minutes. Add the stock, sauce and bay leaf.

Switch the cooker to the **White Rice** function and press **Start**. Close the lid and let cook.

When the timer indicates that there are about 10 to 15 minutes left of cooking time, place the filled steaming tray in the cooking pot. Close lid again and let the unit complete its cooking program.

Once the audible tone has sounded to indicate the end of cooking, allow the rice cooker to rest, closed, for an additional 5 minutes. Open the lid and carefully remove the steaming tray with the sausage and prawn using pot holders. Turn the unit off. Gently toss rice mixture with steamed prawn and sausage. Add half of the parsley and toss to combine. Adjust seasonings to desired taste. Transfer to a serving bowl; sprinkle with remaining chopped parsley.

Nutritional information per serving (based on 1 cup):
Calories 280 (11% from fat) • carb. 43g • pro. 18g
• fat 4g • sat. fat 1g • chol. 80mg • sod. 520mg
• calc. 57mg • febre 1g

ZUCCHINI COUSCOUS

The White Rice function makes light and fluffy couscous. Mediterranean flavours are at the forefront of this dish and go well with steamed fish.

Setting: White

Makes about 10 cups

- 4 cooker cups plain or whole wheat couscous (not instant)
- 3 cups water
- ½ teaspoon sea salt, divided
- 2½ cups chopped zucchini (about 2 small to medium zucchini)
- ¼ cup chopped fresh mint
- 2 teaspoons fresh lemon zest
- ⅓ cup chopped fresh parsley
- ¼ teaspoon freshly ground black pepper
- ⅓ cup extra virgin olive oil

Put the couscous, water and a pinch of salt in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **White Rice** function and press **Start**.

Once the audible tone has sounded to indicate the end of cooking, open the lid and add the remaining ingredients; toss to combine.

Adjust seasonings and serve immediately.

Nutritional information per serving (based on 1 cup):
Calories 270 (27% from fat) • carb. 42g • pro. 7g
• fat 8g • sat. fat 1g • chol. 0mg • sod. 125mg
• calc. 24mg • febre 3g

HARD RICE

TOMATO, MOZZARELLA AND BASIL RICE SALAD

Setting: Hard

Makes about 10 cups

- 3 cooker cups long-grain white rice water (to the 3-cup white rice marking in cooking pot)
- ¼ cup extra virgin olive oil
- ½ cup thinly sliced fresh basil (chiffonade)
- 4 cups halved grape tomatoes
- 450 g fresh mozzarella, cubed (about 3 cups cubed)
- ¾ teaspoon sea salt
- ½ teaspoon freshly ground black pepper

Put the rice and water in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Hard Rice** function and press **Start**.

Once the audible tone has sounded to indicate the end of cooking, open the lid and add the remaining ingredients; toss to combine.

Adjust seasonings and serve immediately.

Nutritional information per serving (based on 1 cup):
Calories 340 (43% from fat) • carb. 37g • pro. 12g
• fat 16g • sat. fat 7g • chol. 35mg • sod. 190mg
• calc. 29mg • febre 1g

GREEK SALAD

Usually made with orzo, white rice complements the Greek flavours in this delicious and bright salad.

Setting: Hard

Makes about 12 cups

- 4 cooker cups long-grain white rice water (to 4-cup white rice marking in cooking pot)
- 2 cups diced cucumber
- 2 cups halved grape tomatoes
- ¼ cup chopped fresh parsley
- 2 tablespoons extra virgin olive oil
- ½ cup chopped kalamata olives
- 1 cup crumbled feta
- 3 tablespoons fresh lemon juice
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper

Put the rice and water in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Hard Rice** function and press **Start**.

Once the audible tone has sounded to indicate the end of cooking, open the lid and add the remaining ingredients; toss to combine.

Adjust seasonings and serve immediately.

Nutritional information per serving (based on 1 cup):
Calories 250 (24% from fat) • carb. 41g • pro. 6g
• fat 6g • sat. fat 2g • chol. 10mg • sod. 320mg
• calc. 91mg • febre 1g

SUSHI RICE

PERFECT SUSHI RICE

Setting: Sushi

Makes about 8 cups

- 3 cooker cups sushi rice, rinsed three times and pressed to reduce moisture water (to the 3-cup sushi rice marking in cooking pot)
- ¼ cup rice vinegar
- 3 tablespoons Mirin
- ¼ teaspoon sea salt

Put the rinsed and pressed rice in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Add the remaining ingredients; stir to combine. Select the **Sushi** function and press **Start**.

Once the audible tone has sounded to indicate the end of cooking, either keep warm on the automatic **Keep Warm** function or turn the unit off and remove rice to cool for making sushi.

Nutritional information per serving (based on ½ cup):
Calories 92 (0% from fat) • carb. 22g • pro. 2g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 58mg
• calc. 0mg • febre 1g

TIPS ON MAKING SUSHI ROLLS:

Sushi is very versatile and can be made with just about any filling that you wish. If using raw fish, be sure that it is sushi-grade fish from a reputable fishmonger. Cooked fish and vegetables are simple alternatives.

A sushi mat is very helpful in rolling sushi. You can also hand-roll sushi if using nori (seaweed paper).

Following are some suggestions for fillings to give guidelines on amounts – substitute your favourite flavours.

AVOCADO, SCALLION & BASIL ROLL

Makes 1 roll

Equipment needed: sushi rolling mat

- 1½ cups Perfect Sushi Rice (page 21)
- ¼ avocado, peeled, pitted and thinly sliced
- 1 scallion, thinly sliced
- 6 to 7 fresh basil leaves
- bowl of cold water (to help in rolling sushi)

Cover the sushi mat with plastic wrap (to prevent sticking). Wet hands with cold water and press sushi rice onto covered mat. Place the avocado, scallion and basil leaves in a thin horizontal line across the middle of the rice. Wet hands again with the water and, with the help of the sushi mat, roll the rice toward you in a jelly-roll fashion. Be sure to roll tightly, but without too much pressure, to ensure an even sushi roll.

Unwrap the sushi mat and then, with a clean and sharp knife, cut into 8 pieces.

Serve with pickled ginger, wasabi and light soy sauce.

Nutritional information per roll:

Calories 353 (16% from fat) • carb. 71g • pro. 8g
• fat 7g • sat. fat 1g • chol. 0mg • sod. 179mg
• calc. 22mg • febre 5g

PRAWN & ASPARAGUS ROLL

Makes 1 roll

Equipment needed: sushi rolling mat

- 1 sheet nori
- 1 cup Perfect Sushi Rice (page 21)
- 4 steamed prawn, halved (see steaming chart on page 14)
- 2 asparagus spears, blanched and halved horizontally
- 1 to 2 tablespoons toasted sesame seeds
- bowl of cold water (to help in rolling sushi)

Cover the sushi mat with plastic wrap (to prevent sticking). Lay the nori on top of the covered mat. Wet hands with cold water and press sushi rice on top of the nori, leaving a 1 inch space on the bottom of the nori, closest to you. Place the prawn and asparagus spears in a thin horizontal line across the middle of the rice. Wet hands again with the water and, with the help of the sushi mat, roll the rice toward you in a jelly-roll fashion. Be sure to roll tightly, but without too much pressure, to ensure an even sushi roll.

Unwrap the sushi mat. Place the toasted sesame seeds on a clean plate. Roll the sushi roll in the toasted sesame seeds to cover. Using a clean and sharp knife, cut into 8 pieces.

Serve with pickled ginger, wasabi and light soy sauce.

Nutritional information per roll:

Calories 270 (14% from fat) • carb. 47g • pro. 13g
• fat 4g • sat. fat 1g • chol. 43mg • sod. 165mg
• calc. 27mg • febre 3g

BROWN RICE

WHEAT BERRY & VEGETABLE SALAD

Setting: Brown

Makes about 6 cups

- 2 cooker cups wheat berries
- 3 cups water
- ½ teaspoon sea salt
- ½ medium red onion, chopped
- 1⅓ cups corn kernels, fresh or frozen (thawed)
- 1 cup shredded zucchini (about ½ medium-large zucchini)
- 1 cup chopped red bell pepper (about 1 medium pepper)
- ½ cup chopped green onions (about 4 medium green onions)
- ½ cup chopped sun-dried tomatoes
- ½ cup Red Onion Vinaigrette (recipe follows)
- ⅓ cup chopped fresh parsley

Put the wheat berries, water and salt in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Brown Rice** function and press **Start**.

Once the audible tone has sounded to indicate the end of cooking, turn the unit off and open the lid. Spread the wheat berries on a baking sheet to cool.

When wheat berries are cooled, place in a medium bowl with the corn, zucchini, red pepper, green onions, and sun-dried tomatoes. Toss gently to combine. Add the dressing and the parsley; toss to combine.

Adjust seasonings and serve.

Nutritional information per serving (based on ½ cup):
Calories 155 (28% from fat) • carb. 25g • pro. 4g
• fat 5g • sat. fat 1g • chol. 0mg • sod. 194mg
• calc. 14mg • febre 4g

RED ONION VINAIGRETTE

Makes about 1 cup

- ½ small red onion, cut into 1cm dice
- 1½ teaspoons Dijon-style mustard
- 1 teaspoon granulated sugar
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup white balsamic vinegar
- ½ cup extra virgin olive oil

Put the red onion, mustard, sugar, salt, pepper, and vinegar in a Cuisinart® Food Processor or Blender. Process until smooth. Slowly add the oil through the feed tube in a steady stream – do not add it too fast or the oil will not be able to incorporate itself into the vinegar mixture.

Keep vinaigrette in a covered container in the refrigerator until ready to use.

Nutritional information per serving
(based on 1 tablespoon):
Calories 64 (93% from fat) • carb. 1g • pro. 0g
• fat 7g • sat. fat 1g • chol. 0mg • sod. 79mg
• calc. 1mg • febre 0g

WILD RICE WALDORF SALAD

Setting: Brown

Makes about 12 cups

- 3 cooker cups wild rice
- 4½ cups water
- 1 apple, cored and cut into 5 millimetre dice
- 1 cup dried cranberries
- ⅔ cup chopped toasted pecans
- ½ cup chopped red onion
- ½ cup chopped celery

Vinaigrette:

- ½ cup finely chopped shallots
- 4 teaspoons Dijon-style mustard
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 6 tablespoons sherry vinegar
- ½ cup extra virgin olive oil

Put the rice and water in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Brown Rice** function and press **Start**.

While rice is cooking and cooling, prepare the vinaigrette. Put the shallots, mustard, salt, pepper and vinegar in a small bowl; stir with a whisk to blend. Add the oil and whisk until emulsified; reserve.

Once the audible tone has sounded to indicate the end of cooking, turn the unit off and open the lid. Spread the wild rice on a baking sheet to cool.

When rice has cooled, place in a large bowl with the apple, cranberries, pecans, onion and celery. Toss gently to combine. Add the reserved vinaigrette; toss to combine.

Adjust seasonings and serve.

Nutritional information per serving (based on ½ cup):
Calories 126 (35% from fat) • carb. 20g • pro. 2g
• fat 5g • sat. fat 1g • chol. 0mg • sod. 59mg
• calc. 4mg • febre 3g

TABOULEH

Setting: Brown

Makes about 7 cups

- 1 cooker cup bulgur wheat
- 1 cup water
- 4 cups fresh parsley, chopped
- ½ cup fresh mint, chopped
- 4 cups halved grape or cherry tomatoes
- 8 scallions, chopped
- ¼ cup extra virgin olive oil
- ½ cup fresh lemon juice
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- pinch ground cumin

Put the bulgur and water in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Brown Rice** function and press **Start**.

Once the audible tone has sounded to indicate the end of cooking, open the lid and add the remaining ingredients; toss to combine.

Adjust seasonings and serve immediately.

Nutritional information per serving (based on ½ cup):
Calories 88 (41% from fat) • carb. 12g • pro. 2g
• fat 4g • sat. fat 1g • chol. 0mg • sod. 54mg
• calc. 41mg • febre 3g

BROWN RICE WITH BLACK BEANS AND TOMATOES

Setting: Brown

Makes about 10 cups

- 3 cooker cups brown rice
(use your favourite grain size)
water (to the 3-cup brown rice marking
in cooking pot)
- 1 bay leaf
- 2 cups canned black beans,
drained and rinsed
- ¼ cup fresh parsley, chopped
- 1 medium-large onion, chopped
- 2 cups chopped tomatoes
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons fresh lime juice
- 1 teaspoon chili powder

Put the rice, water and bay leaf in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Brown Rice** function and press **Start**.

Once the audible tone has sounded to indicate the end of cooking, open the lid and add the remaining ingredients; toss to combine.

Adjust seasonings and serve immediately.

Nutritional information per serving (based on 1 cup):
Calories 208 (6% from fat) • carb. 43g • pro. 6g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 172mg
• calc. 41mg • febre 4g

QUINOA FRUIT SALAD

Setting: Brown

Makes about 10 cups

- 2 cooker cups quinoa
- 2¼ cups water
- 1 mango, peeled, pitted and cubed
- 1 apple, peeled, cored and diced
- 1 pear, peeled, cored and diced
- 1 orange, peeled and sliced,
bitter white pith removed
- ¾ cup toasted and chopped pecans
- 1½ tablespoons fresh mint, chopped
- 1 tablespoon pure maple syrup
- 2 teaspoons ground cinnamon

Put the quinoa and water in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Brown Rice** function and press **Start**.

Once the audible tone has sounded to indicate the end of cooking, turn the unit off and open the lid. Transfer the quinoa to a baking sheet to cool.

Once the quinoa is cool, transfer to a medium-large mixing bowl. Add the remaining ingredients; toss to combine.

Adjust seasonings and serve.

Nutritional information per serving (based on ½ cup):
Calories 87 (35% from fat) • carb. 13g • pro. 2g
• fat 4g • sat. fat 0g • chol. 0mg • sod. 3mg
• calc. 17mg • febre 2g

RISOTTO

ASPARAGUS & TOMATO RISOTTO

Setting: Risotto

**Makes about 5 cups (5 entrée servings,
10 first-course servings)**

- 1½ tablespoons extra virgin olive oil
- ½ cup finely chopped shallots
(about 2 small)
- ½ teaspoon sea salt, divided
- ½ teaspoon freshly ground black pepper,
divided
- 1½ cooker cups Arborio rice
- ½ cup dry white wine
- 180 g asparagus, cut into 1centimetre
pieces
- 3 cups chicken stock, hot
- ⅓ cup grated Parmesan
- 1 tablespoon unsalted butter
- ½ cup chopped tomatoes

Put the oil in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Risotto** function and press **Start**. Once oil is hot and shimmering, about 2 minutes, add the shallots and a pinch each of the salt and pepper. Sauté until softened, about 3 minutes. Add the rice and sauté until just translucent, about 10 minutes. Pour in the wine and cook until almost completely evaporated, then add the asparagus. Sauté the asparagus with the rice mixture for about 2 minutes, until they are crisp-tender, but still bright in colour.

Pour in all of the hot stock. Close the lid of the cooker and let the risotto finish cooking.

Once the audible tone has sounded to indicate the end of cooking, open the lid and stir in the remaining salt and pepper, Parmesan, butter and tomatoes.

Serve immediately. If you wish to use the Keep Warm function, more stock will need to be added before serving to ensure a creamy consistency.

Nutritional information per serving (based on 1 cup):
Calories 274 (26% from fat) • carb. 39g • pro. 8g
• fat 8g • sat. fat 3g • chol. 11mg • sod. 665mg
• calc. 78mg • febre 1g

BUTTERNUT SQUASH RISOTTO

Setting: Risotto

Makes about 8 cups

- 1½ tablespoons unsalted butter
- ½ cup finely chopped onion
- ¼ cup finely chopped shallots
(about 1 small)
- 1 garlic clove, finely chopped
- 1½ teaspoons sea salt, divided
- 1 teaspoon freshly ground black pepper,
divided
- 2½ cooker cups Arborio rice
- ⅔ cup dry white wine
- 4 cups 1cm cubed butternut squash
pinch ground nutmeg
- 4 cups chicken stock, hot
- 1½ tablespoons chopped fresh sage
- 2 tablespoons fresh lemon juice
- ⅔ cup grated Parmesan
- ¼ cup chopped fresh parsley

Put the butter in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Risotto** function and press **Start**. Once butter is hot and shimmering, about 2 minutes, add the onion, shallot and garlic and a pinch each of the salt and pepper. Sauté until softened, about 3 minutes. Add the rice and sauté until just translucent, about 10 minutes. Pour in the wine and cook until almost completely evaporated and then add the squash and nutmeg. Sauté the squash with the rice mixture for about 4 minutes, until they are crisp-tender – be sure not to overcook the squash during this stage for they will fully cook during the steaming process once the stock is added.

Pour in all of the hot stock and the sage. Close the lid of the cooker and let the risotto finish cooking.

Once the audible tone has sounded to indicate the end of cooking, open the lid and stir in the remaining salt and pepper, lemon juice, Parmesan, and parsley.

Serve immediately. If you wish to use the Keep Warm function, more stock will need to be added before serving to ensure a creamy consistency.

Nutritional information per serving (based on 1 cup):
Calories 355 (10% from fat) • carb. 66g • pro. 10g
• fat 4g • sat. fat 3g • chol. 11mg • sod. 813mg
• calc. 124mg • febre 3g

MIXED MUSHROOM & MASCARPONE RISOTTO

Setting: Risotto

Makes about 8 cups

- 1½ tablespoons extra virgin olive oil
- ¼ cup finely chopped shallots (about 1 small)
- 3 garlic cloves, finely chopped
- 1½ teaspoons sea salt, divided
- 1 teaspoon freshly ground black pepper, divided
- 450 g sliced mixed mushrooms (shiitake work very well), divided
- 1 tablespoon unsalted butter
- 1 tablespoon fresh thyme, divided
- 2½ cooker cups Arborio rice
- ⅔ cup dry white wine
- 4 cups chicken stock, hot
- 5 large fresh basil leaves, thinly sliced (chiffonade)
- 2 tablespoons fresh lemon juice
- ⅓ cup grated Parmesan
- ¾ cup mascarpone

Put the olive oil in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Risotto** function and press **Start**. Once oil is hot and shimmering, about 2 minutes, add the shallot, garlic and a pinch each of the salt and pepper. Sauté until softened, about 3 minutes. Add ⅓ of the mushrooms, butter and 2 teaspoons of the thyme. Sauté until softened and fragrant, 2 minutes. Add the rice and sauté until just translucent, about 10 minutes. Pour in the wine and cook until almost completely evaporated and then add the remaining mushrooms, salt and pepper. Sauté for about 3 minutes, until they are just starting to cook.

Pour in all of the hot stock. Close the lid of the cooker and let the risotto finish cooking.

Once the audible tone has sounded to indicate the end of cooking, open the lid and stir in the reserved thyme, basil, lemon juice, Parmesan, and mascarpone.

Serve immediately. If you wish to use the Keep Warm function, more stock will need to be added before serving to ensure a creamy consistency.

Nutritional information per serving (based on 1 cup):
Calories 342 (34% from fat) • carb. 43g • pro. 10g
• fat 13g • sat. fat 7g • chol. 31mg • sod. 836mg
• calc. 73mg • febre 2g

TRADITIONAL RICE PUDDING

The Risotto function is not only for risotto. Treat yourself to some homemade rice pudding.

Setting: Risotto

Makes 5 cups

- 2 cooker cups Arborio rice
- 3 cups whole milk
- 2 cups heavy cream
- 1 whole vanilla bean, halved and seeds scraped
- ⅔ cup granulated sugar
- ¼ teaspoon table salt
- 2 whole cinnamon sticks
- ¼ teaspoon ground nutmeg

Add all ingredients to the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Risotto** function and press **Start**.

An audible tone will sound to indicate the end of cooking. This pudding can be served warm or chilled.

Nutritional analysis per serving (based on ½ cup):
Calories 553 (33% from fat) • carb. 84g • pro. 9g
• fat 20g • sat. fat 13g • chol. 76mg • sod. 115mg
• calc. 124mg • febre 1g

OATMEAL

INDIAN SPICED RICE PUDDING

Setting: Risotto
Makes 8 cups

- 2 cooker cups basmati rice
- 4 cups whole milk
- 2 cups heavy cream
- ¾ cup condensed milk
- 2 teaspoons pure vanilla extract
- 1¼ teaspoons ground cardamom
- ⅓ cup granulated sugar
- ½ teaspoon ground nutmeg
- ½ teaspoon table salt
- ½ cup chopped pistachios
- ½ cup golden raisins

Add all ingredients except the pistachios and raisins to the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Risotto** function and press **Start**.

Once the audible tone has sounded to indicate the end of cooking, open the lid and stir in the pistachios and raisins.

This pudding can be served warm or chilled.

Nutritional analysis per serving (based on ½ cup):
Calories 307 (46% from fat) • carb. 36g • pro. 6g
• fat 16g • sat. fat 9g • chol. 54mg • sod. 135mg
• calc. 142mg • febre 1g

A TIP ON LEFTOVERS:

Arancini

Leftover risotto should not go to waste. It is perfect for the Italian appetizer, arancini (which translated means “little orange”).

Simple to make, try them next time you prepare risotto.

Take your leftover risotto, plain or from any recipe, and form into 5centimetre diameter balls (or smaller if you are making a more delicate hors d’oeuvre). They are great stuffed with a 1centimetre piece of fresh mozzarella. If you’re using plain risotto, stir a little marinara sauce with the rice before forming.

Prepare a classic breading, 1 bowl of flour, 1 bowl of beaten eggs, and 1 bowl of breadcrumbs (seasoned or plain). Lightly bread and either bake in a 190°C degree oven or pan fry in hot vegetable or olive oil large frypan set over medium heat. Bake/cook until evenly browned.

These are best served immediately.

CINNAMON MAPLE OATMEAL

Setting: Oatmeal
Makes about 4 cups

- 3 cooker cups old fashioned rolled oats (not quick cooking)
- 4 cups water
- ¼ teaspoon sea salt
- 1 teaspoon ground cinnamon
- 3 tablespoons pure maple syrup

Put the oats, water and salt in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Oatmeal** function and press **Start**.

Once the audible tone has sounded to indicate the end of cooking, open the lid and stir in the remaining ingredients.

Nutritional information per serving (based on 1 cup):
Calories 210 (14% from fat) • carb. 41g • pro. 6g
• fat 4g • sat. fat 1g • chol. 0mg • sod. 140mg
• calc. 22mg • febre 5g

CREAMY IRISH OATMEAL WITH BLUEBERRIES

Setting: Oatmeal
Makes about 5 cups

- 2 cooker cups steel-cut oats
- 3 cups nonfat milk
- pinch sea salt
- 2 whole cinnamon sticks
- pinch ground nutmeg
- 3 tablespoons pure maple syrup
- 2 cups fresh blueberries

Put the oats, milk, salt, cinnamon sticks, nutmeg and syrup in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Oatmeal** function and press **Start**.

Once the audible tone has sounded to indicate the end of cooking, open the lid and remove the cinnamon sticks. Stir in the blueberries and serve.

Nutritional information per serving (based on 1 cup):
Calories 300 (10% from fat) • carb. 56g • pro. 11g
• fat 4g • sat. fat 1g • chol. 5mg • sod. 110mg
• calc. 198mg • febre 6g

CRANBERRY OAT BRAN

Setting: Oatmeal

Makes about 5 cups

- 2** cooker cups oat bran
- 5** cups water
- ¼** teaspoon sea salt
- 1** cup dried cranberries

Put the oat bran, water and salt in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Oatmeal** function and press **Start**.

Once the audible tone has sounded to indicate the end of cooking, open the lid and stir in the cranberries.

Nutritional information per serving (based on 1 cup):

- Calories 150 (9% from fat) • carb. 38g • pro. 5g
- fat 2g • sat. fat 0g • chol. 0mg • sod. 120mg
- calc. 21mg • febre 6g

GORGONZOLA AND PARMESAN POLENTA WITH PINE NUTS

Setting: Oatmeal

Makes about 8 cups

- 7½** cups vegetable or chicken broth
- 3** cooker cups instant polenta
- ½** teaspoon sea salt
- ¼** teaspoon freshly ground black pepper
- 4** tablespoons unsalted butter, cubed
- 60** g gorgonzola, crumbled
- ⅓** cup grated Parmesan
- 1** tablespoon honey
- ½** cup toasted pine nuts

Pour the broth into the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Slowly stir in the polenta until completely combined. Select the **Oatmeal** function and press **Start**.

Once the audible tone has sounded to indicate the end of cooking, open the lid and stir in the remaining ingredients.

Serve immediately.

Nutritional information per serving (based on ½ cup):

- Calories 150 (45% from fat) • carb. 17g • pro. 4g
- fat 8g • sat. fat 3g • chol. 10mg • sod. 490mg
- calc. 52mg • febre 2g

SET POLENTA

Setting: Oatmeal

Makes 12 servings

- 6** cups vegetable or chicken broth
- 3** cooker cups instant polenta

Pour the broth in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Slowly stir in the polenta until completely combined. Select the **Oatmeal** function and press **Start**.

Once the audible tone has sounded to indicate the end of cooking, open the lid and transfer the polenta to a 33 x 22 centimetre cake pan. Let the polenta sit until it has stopped steaming and is warm and set. Cut into twelve even pieces and serve immediately.

Nutritional information per serving:

- Calories 80 (10% from fat) • carb. 17g • pro. 3g
- fat 1g • sat. fat 0g • chol. 0mg • sod. 480mg
- calc. 0mg • febre 2g

QUICK COOKING

ISRAELI COUSCOUS WITH MOROCCAN VEGETABLES

A warm and colourful comfort food, delicious on its own or when paired with roast chicken.

Setting: Quick Cook

Makes about 6 cups

- ½ **tablespoon extra virgin olive oil**
- ½ **medium onion, sliced**
- 2 cups peeled and 1cm-cubed butternut squash**
- 1 medium peeled and 1centimetre-cubed white potato**
- 1½ cups peeled and 1cm-cubed eggplant**
- ½ **teaspoon sea salt, divided**
- ½ **teaspoon freshly ground black pepper, divided**
- 2½ cups low-sodium chicken broth**
- 1 whole cinnamon stick**
- ½ **teaspoon ground cumin**
- ½ **teaspoon lemon zest**
- 3 cooker cups Israeli couscous**
- ½ **cup chopped dried apricots**

Put the oil in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Quick Cook** function and press **Start**. Once oil is hot and shimmering, about 2 minutes, add the onion. Sauté until softened, about 2 minutes. Add the remaining vegetables with a pinch each of the salt and pepper. Cook until squash and potatoes are just tender, about 8 minutes. Add the broth, cinnamon stick, remaining salt and pepper, cumin and zest. Close the lid of the cooker and let cook for 5 minutes.

Open lid of the cooker and stir in the couscous. Close lid again and let the couscous finish cooking.

Once the audible tone has sounded to indicate the end of cooking, open the lid and remove the cinnamon stick. Stir in the apricots and serve.

Nutritional information per serving (based on 1 cup):
Calories 360 (2% from fat) • carb. 77g • pro. 11g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 440mg
• calc. 55mg • febre 7g

BASMATI RICE WITH INDIAN SPICES

Setting: Quick Cook

Makes about 12 cups

- 3 tablespoons extra virgin olive oil**
- 1½ tablespoons finely chopped ginger (about 1 x 1cm piece, peeled)**
- 3 garlic cloves, finely chopped**
- ½ **large onion, chopped**
- 1 large white potato, peeled and cut into 1cm cubes**
- ½ **teaspoon sea salt, divided**
- ½ **teaspoon freshly ground black pepper, divided**
- ½ **tablespoon ground cumin**
- ½ **tablespoon ground coriander**
- ¼ **teaspoon ground turmeric**
- 1 teaspoon ground cinnamon**
- 4 cooker cups basmati rice**
- water (to the 4-cup marking in the cooking pot)**
- 2 teaspoons lemon zest**
- 1 cup frozen peas**
- ⅓ **cup chopped fresh cilantro**

Put the oil in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Quick Cook** function and press **Start**. Once oil is hot and shimmering, about 2 minutes, add the ginger and garlic. Sauté until softened, about 3 minutes. Add the onion; sauté about 2 minutes, or until softened and translucent. Add the potato with ¼ teaspoon each of the salt and pepper and all of the spices. Cook until just tender, about 10 minutes.

Add the rice, water and zest. Close the lid of the cooker and let cook.

When there are about 5 minutes remaining in the cooking time, stir in the peas and cilantro. Close lid again and let the rice finish cooking.

Once the audible tone has sounded to indicate the end of cooking, open the lid and adjust seasonings to desired taste.

Nutritional information per serving (based on 1 cup):
Calories 220 (21% from fat) • carb. 40g • pro. 5g
• fat 5g • sat. fat 1g • chol. 0mg • sod. 105mg
• calc. 13mg • febre 3g

SLOW COOKING

PASTA WITH FOUR CHEESES

Settings: Quick Cook & Slow Cook

Makes about 10 cups

- 450 g large elbows or similar-size pasta
- 2 tablespoons unsalted butter
- 1 small shallot, finely chopped (about ¼ cup)
- 3 garlic cloves, finely chopped
- 2 tablespoons unbleached, all-purpose flour
- 2 cups low-fat evaporated milk
- ½ teaspoon dry mustard
- ½ teaspoon sea salt
- ½ teaspoon ground white pepper
- 180 g shredded extra sharp Cheddar
- 120 g shredded Gruyère
- 60 g shredded mozzarella
- ½ cup panko breadcrumbs
- 2 tablespoons grated Parmesan

Parboil pasta until very al dente, but cooked through. Rinse under cool water in a colander, drain thoroughly; reserve.

Put the butter in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Quick Cook** function and press **Start**. Once butter is hot and shimmering, about 2 minutes, add the shallot and garlic. Sauté until softened, about 3 minutes. Stir in the flour; cook about 1 minute to reduce the flour taste. Stir in the milk and the dry mustard, salt and pepper.

Switch the cooker to the **Slow Cook** function and set the timer for 3 hours. Add the reserved pasta and the Cheddar, Gruyère and mozzarella to the cooking pot. Stir thoroughly to combine. Sprinkle with the breadcrumbs and Parmesan. Close the lid of the cooker. Press **Start**.

Once the audible tone has sounded to indicate the end of cooking, open the lid. Stir and then let rest for 5 minutes. Serve.

Nutritional information per serving (based on 1 cup):
Calories 368 (33% from fat) • carb. 45g • pro. 18g
• fat 13g • sat. fat 7g • chol. 46mg • sod. 341mg
• calc. 379mg • febre 1g

MARINARA SAUCE

Settings: Quick Cook & Slow Cook

Makes about 6 cups

- 2 tablespoons extra virgin olive oil
- 5 garlic cloves, finely chopped
- 2 cans (840 g each) whole plum tomatoes in purée
- 10 leaves fresh basil, thinly sliced (chiffonade)
- ½ tablespoon freshly ground black pepper
- 1 teaspoon dried oregano
- ¼ teaspoon fennel seed
- 3 tablespoons granulated sugar

Put the oil in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Quick Cook** function and press **Start**. Once oil is hot and shimmering, about 2 minutes, add the garlic. Sauté until softened, about 2 to 4 minutes. Add the tomatoes; bring to a boil.

Switch the cooker to the **Slow Cook** function. Stir in the basil, pepper, oregano and fennel. Close the lid and set the timer for 3 hours. Press **Start**. When two hours have elapsed, stir in the sugar. Close the lid again and let cook for the additional hour.

Once the audible tone has sounded to indicate the end of cooking, open the lid. Stir and then let rest for 5 minutes. Serve.

Nutritional information per serving (based on ½ cup):
Calories 60 (35% from fat) • carb. 9g • pro. 1g
• fat 3g • sat. fat 0g • chol. 0mg • sod. 170mg
• calc. 48mg • febre 1g

LENTILS PROVENÇAL

Setting: Slow Cook

Makes about 6 cups

- 6 cooker cups dried French lentils, soaked for 2 to 3 hours
- 4 cups vegetable stock
- 1 tablespoon herbes de Provence
- pinch sea salt
- ¼ teaspoon freshly ground black pepper
- ¾ cup niçoise olives, roughly chopped
- 2 tablespoons capers, drained and rinsed
- 3 tablespoons fresh lemon juice
- ½ tablespoon fresh thyme leaves

Put the lentils, stock, herbes de Provence, salt and pepper in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Slow Cook** function. Close the lid and set the timer for 4 hours. Press **Start**.

Once the audible tone has sounded to indicate the end of cooking, open the lid and add the remaining ingredients. Stir and adjust seasonings to taste. Serve hot or at room temperature.

Nutritional information per serving (based on ½ cup):
Calories 60 (35% from fat) • carb. 9g • pro. 1g
• fat 3g • sat. fat 0g • chol. 0mg • sod. 170mg
• calc. 48mg • febre 1g

TURKEY CHILI

Setting: Quick Cook & Slow Cook

Makes about 6 cups

- 1 teaspoon extra virgin olive oil
- 680 g lean ground turkey
- 2 garlic cloves, finely chopped
- 230 g onions, roughly chopped
- 3½ tablespoons chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon ground allspice
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground coriander
- ½ teaspoon dried oregano
- 1 can (400 g) diced tomatoes, drained and liquid discarded
- 1 red pepper, chopped
- ½ cup chicken stock
- ½ tablespoon red wine vinegar
- 1 bay leaf
- ½ teaspoon sea salt

Put the oil in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Quick Cook** function and press **Start**. Once oil is hot and shimmering, about 2 minutes, add 1/3 of the turkey. Sauté, breaking up with a wooden spoon or spatula. Once the first batch of turkey is browned, remove and reserve; repeat with the remaining ground turkey.

Add the garlic and onions to the cooking pot. Sauté until softened, about 3 to 4 minutes. Add the spices; sauté 2 to 3 minutes, or until fragrant. Add the reserved browned turkey and the remaining ingredients.

Switch to the **Slow Cook** function. Close the lid of the cooker and set the timer for 4 hours. Press **Start**.

Once the audible tone has sounded to indicate the end of cooking, open the lid. Stir and adjust seasonings to taste. Serve with desired toppings such as sour cream, chopped onions, and shredded Cheddar.

Nutritional information per serving (based on ½ cup):
Calories 250 (48% from fat) • carb. 11g • pro. 22g
• fat 14g • sat. fat 3g • chol. 90mg • sod. 390mg
• calc. 54mg • febre 4g

SOUP

SOBA NOODLE SOUP

Settings: Quick Cook & Soup

Makes about 8 cups

- 1 tablespoon extra virgin olive oil
- 1 garlic clove, sliced
- 1 2 x 1cm piece ginger, peeled and
 finely chopped
- 6 cups reduced-sodium vegetable broth
- 1 baby bok choy (about 180 g), sliced
- 90 g shiitake mushrooms, sliced
- 1 tablespoon soy sauce
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon crushed red pepper
- 240 g soba noodles (or udon)
- 3 green onions, thinly sliced
- 1 cup bean sprouts (about 90 g)
- 1 tablespoon sesame oil

Put the oil in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Quick Cook** function and press **Start**. Once oil is hot and shimmering, about 2 minutes, add the garlic and ginger. Sauté until softened, about 4 minutes. Add the broth, bok choy, mushrooms, soy sauce, pepper and crushed red pepper.

Switch to the **Soup** function and set the timer for 1 hour and 35 minutes. Close the lid of the cooker and press **Start**.

Once one and a half hours have elapsed, open the lid of the cooker and stir in the soba noodles; let cook until softened, about 5 minutes. Open the lid of the cooker again and stir in the remaining ingredients. Serve immediately.

Nutritional information per serving (based on 1 cup):
Calories 170 (24% from fat) • carb. 26g • pro. 6g
• fat 5g • sat. fat 1g • chol. 0mg • sod. 450mg
• calc. 58mg • febre 2g

BLACK BEAN SOUP

Settings: Quick Cook & Soup

Makes about 6 cups

- 1 tablespoon extra virgin olive oil
- 240 g sausage (we use andouille
 or spicy turkey sausage)
- 1 cup chopped onion (about ½ large)
- ¾ cup chopped red bell pepper
- 2 garlic cloves, finely chopped
- ¾ teaspoon dried oregano
- ¾ teaspoon ground cumin
- ¼ teaspoon ground coriander
- 4 cups water
- 300 g dried black beans, rinsed well
- 1 bay leaf
- ¼ teaspoon ground cayenne
- ¼ cup sherry
- 2 teaspoons red wine vinegar
- 1¼ teaspoons sea salt
- ½ teaspoon lime zest

Put the oil in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Quick Cook** function and press **Start**. Once oil is hot and shimmering, about 2 minutes, add the sausage; cook until browned, about 4 minutes. Remove sausage; reserve. Add the onions, ½ of the red peppers, garlic, and spices. Sauté until softened, about 4 minutes. Add the water, beans, and bay leaf.

Switch to the **Soup** function and set the timer for 1 hour and 30 minutes. Close the lid of the cooker and press **Start**.

Once the audible tone has sounded to indicate the end of cooking time, open the lid of the cooker and stir in the reserved red peppers, sausage and the remaining ingredients.

Serve immediately.

Nutritional information per serving (based on 1 cup):
Calories 280 (20% from fat) • carb. 36g • pro. 19g
• fat 6g • sat. fat 2g • chol. 30mg • sod. 720mg
• calc. 85mg • febre 9g

STEAMING

PAPPA AL POMODORO

Setting: Quick Cook & Soup

Makes about 9 cups

- 3 tablespoons extra virgin olive oil
- 5 garlic cloves, finely chopped
- 1 cup chopped onion (about 1 medium)
- $\frac{3}{4}$ teaspoon sea salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- 360 g rustic Italian bread, cubed
- 4 cups reduced-sodium vegetable broth
- 2 tablespoons tomato paste
- $\frac{1}{3}$ cup fresh basil, thinly sliced (chiffonade), divided
- $\frac{1}{4}$ cup grated pecorino Romano

Put the oil in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Quick Cook** function and press **Start**. Once oil is hot and shimmering, about 2 minutes, add the garlic, onion, and a pinch each of the salt and pepper. Sauté until softened, about 4 minutes.

Switch to the **Soup** function and set the timer for 1 hour and 30 minutes. Add the bread, broth, tomato paste, basil, and the remaining salt and pepper. Close the lid of the rice cooker and press **Start**.

Once the audible tone has sounded to indicate the end of cooking time, open the lid of the cooker and stir in the pecorino.

Adjust seasonings to taste and serve.

Nutritional information per serving (based on 1 cup):
Calories 200 (31% from fat) • carb. 28g • pro. 6g
• fat 7g • sat. fat 2g • chol. 5mg • sod. 710mg
• calc. 88mg • febre 3g

MIXED GARDEN VEGETABLES

Setting: Steaming

Makes about 3 cups

- 2 cups water
- 120 g broccoli florets
- 60 g snap peas, trimmed
- 1 medium carrot, cut into 1cm slices
- $\frac{1}{2}$ red bell pepper, cut into 2cm pieces
- $\frac{1}{2}$ yellow bell pepper, cut into 2cm pieces
- 2 tablespoons extra virgin olive oil
- $\frac{1}{4}$ teaspoon sea salt
- pinch freshly ground black pepper

Put the water in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Steam** function.

While the cooker is preheating, toss the vegetables with the olive oil, salt and pepper; add vegetables to the provided steaming tray. Set the timer to 19 minutes and press **Start**. Once the preheat tone sounds, carefully place the steaming tray with the vegetables in the cooker. Close the lid and let cook for the remaining 16 minutes.

Once the audible tone has sounded to indicate the end of cooking, turn the unit off and open the lid. Remove vegetables and serve immediately.

Nutritional information per serving (based on $\frac{1}{2}$ cup):
Calories 61 (66% from fat) • carb. 4g • pro. 1g
• fat 5g • sat. fat 1g • chol. 0mg • sod. 102mg
• calc. 19mg • febre 1g

ASIAN CHICKEN WRAPS

TOFU & ASIAN-STYLE VEGETABLES WITH A GINGER MARINADE

Setting: Steaming

Makes 2 servings

Ginger Marinade:

- 2 green onions, trimmed and thinly sliced
- 2 tablespoons chopped cilantro
- 1 tablespoon finely chopped fresh ginger
- 1 teaspoon finely chopped garlic
- ¼ teaspoon freshly ground black pepper
- ½ cup light soy or tamari sauce
- ½ cup rice vinegar
- 1 tablespoon fresh lime juice
- 1 teaspoon sesame oil

- 240 g extra-firm tofu, cut into 5cm pieces
- 1 medium red bell pepper, cut into 2cm pieces
- 4 ounces snap peas, trimmed
- 1 large Portobello mushroom, cut into 2cm pieces
- 2 cups water

Prepare the Ginger Marinade: Combine the green onions, cilantro, ginger, garlic and pepper in a small bowl. In a separate bowl, add the soy sauce, vinegar, lime juice and sesame oil; whisk to combine. Add to the vegetable mixture and whisk to fully combine. Reserve.

Place the tofu and vegetables in a 33 x 22 centimetre baking dish; add the marinade to fully cover the food. Let marinate in refrigerator for about 40 minutes to 1 hour.

Put the water in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Steaming** function. Set the timer to 23 minutes and press **Start**.

Place the marinated tofu and vegetables in the provided steaming tray. Once the preheat tone sounds, carefully place the steaming tray with the tofu and vegetables in the cooker. Close the lid and let cook for the remaining 20 minutes.

Once the audible tone has sounded to indicate the end of cooking, turn the unit off. Remove tofu and vegetables and serve immediately.

Nutritional information per serving (about 15 oz.):
Calories 258 (29% from fat) • carb. 28g • pro. 17g
• fat 8g • sat. fat 1g • chol. 0mg • sod. 2443mg
• calc. 182mg • fibre 4g

Setting: Steaming

Makes 4 wraps

- 4 cabbage leaves, steamed (page 14)
- ¼ cup prepared short-grain brown rice (page 12)
- 60 g steamed chicken, shredded (page 14)
- 2 tablespoons Wonton Filling (page 36) Ginger Dipping Sauce (page 36)

Place the steamed cabbage leaves on a clean platter or cutting board. Add the rice, chicken and wonton filling to a small bowl; mix until well combined. Divide evenly among the cabbage leaves; roll to enclose.

Serve with the Ginger Dipping Sauce (page 34).

Nutritional information per wrap:
Calories 41 (17% from fat) • carb. 5g • pro. 3g
• fat 1g • sat. fat 0g • chol. 7mg • sod. 287mg
• calc. 10mg • fibre 1g

STEAMED VEGETABLE WONTONS

Setting: Steaming

Makes 12 wontons

Wonton Filling:

- 1 teaspoon vegetable oil
- 2 tablespoons finely chopped shallot
- 2 tablespoons finely chopped carrot
- 1 tablespoon finely chopped celery
- ½ green onion, finely chopped
- 2 tablespoons finely chopped water chestnuts
- ¾ teaspoon chopped garlic
- 1 tablespoon finely chopped mushroom
- 1 tablespoon finely chopped red bell pepper
- 1 tablespoon finely chopped fresh ginger
- 1 teaspoon soy sauce
- 1 teaspoon sesame oil
- 2 tablespoons rice vinegar

- 12 round wonton wrappers
- 2 cups water

Heat oil in a medium frypan set over medium heat. Add the shallot, carrot, celery, and green onion and sauté for about 3 minutes, until vegetables soften slightly. Add the water chestnuts, garlic, mushroom, and bell pepper and continue to cook for an additional 3 to 4 minutes. Stir in ginger, soy sauce, sesame oil, and rice vinegar and cook for about 1 minute. Remove from heat and allow to cool before assembling wontons.

Set up your work station in a large space equipped with small bowl of water and pastry brush, large plate or cutting board, package of wonton wrappers, and wonton filling. On a clean surface, line up 3 to 6 wonton wrappers at a time. Brush the edges of the wrappers with a small amount of water. Place 2 teaspoons filling in centre. Crimp all edges like a pleat and pinch to seal, using more water to help if needed. Continue to fill the remaining wontons. Keep the prepared wontons on a clean tray or cutting board and cover with plastic.

Put the water in the cooking pot of the Cuisinart® Rice Plus Multi-Cooker. Select the **Steam** function. Set the timer to 14 minutes and press **Start**.

While the cooker is preheating, place the wontons on the provided steaming tray, making sure that the wontons do not touch each other. Once the preheat tone sounds, carefully place the steaming tray with the wontons in the cooker. Close the lid and let cook for the remaining 11 minutes.

Once the audible tone has sounded to indicate the end of cooking, turn the unit off and open the lid. Carefully remove wontons.

Serve warm with Ginger Dipping Sauce (recipe follows).

Nutritional information per serving (based on 1 wonton):
Calories 31 (15% from fat) • carb. 6g • pro. 1g
• fat 1g • sat. fat 0g • chol. 1mg • sod. 62mg
• calc. 6mg • febre 0g

GINGER DIPPING SAUCE

Makes about ¼ cup

- ¼ cup reduced-sodium soy sauce
- ½ tablespoon rice vinegar
- 1 teaspoon minced ginger
- ¼ teaspoon sesame oil
- pinch crushed red pepper

Place all ingredients in a bowl and stir to mix. Serve with steamed vegetable wontons.

Nutritional information per serving (based on 1 teaspoon):
Calories 5 (23% from fat) • carb. 0g • pro. 0g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 202mg
• calc. 0mg • febre 0g

NOTES:

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